

# UPDATE

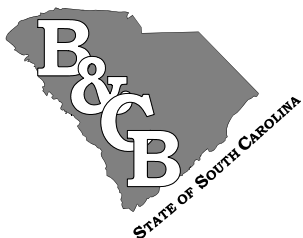
---

## STEP FACTS FOR STEP COUNTERS

### ATTENTION WALKERS AND PHYSICAL ACTIVITY ENTHUSIASTS! DID YOU KNOW THAT...

- One flight of stairs is approximately **23** steps
- The average number of steps taken to circle one city block is **500**
- The average number steps from the farthest parking space to the front door of your local Target store is about **500**
- Steps accumulated walking up and down every aisle at your local grocery store is **1,000**
- Steps taken during a 15-minute work break is **1,500**
- One mile is approximately **2,000** steps
- Inactive people average **2,000 - 4,000** steps per day
- Moderately active people average **5,000 - 7,000** steps per day
- Vigorously active people average **8,000 to 10,000** steps per day or the equivalent of walking 3 - 5 miles
- Increasing from one activity level to the next burns an extra **150** calories

**WHETHER YOU USE A PEDOMETER (Step Counter) OR NOT, WE HOPE THE INFORMATION PROVIDED ABOVE WILL ENHANCE YOUR PERSONAL PHYSICAL ACTIVITY PROGRAM.**



**STATE HEALTH PLAN PREVENTION PARTNERS  
South Carolina State Budget and Control Board  
Employee Insurance Program  
November 2001**